

A Resource for New Mothers with Gestational Diabetes Mellitus or Covered by Medicaid Montana Lifestyle Program Available to Prevent Type 2 Diabetes

Gestational diabetes mellitus (GDM) is a form of diabetes that is diagnosed during pregnancy and increases the risk of complications during pregnancy and birth for both mother and the baby. It is linked to type 2 diabetes. Women who have had GDM during a pregnancy are seven times more likely to develop type 2 diabetes than women who have not had GDM during pregnancy. The children of pregnancies affected by GDM also have a greater risk for obesity and type 2 diabetes.

Women can lower their risk for type 2 diabetes. The Diabetes Prevention Program (DPP) showed that people at risk for type 2 diabetes were able to lower their risk for developing diabetes by 58% by eating healthy foods, being more active and losing weight through lifestyle changes.

The Montana Medicaid Program is pleased to announce an exciting opportunity for adults covered by Medicaid and at high risk for developing diabetes or cardiovascular disease (CVD). Medicaid enrollees who have certain high risk characteristics* are eligible to receive an intensive, free lifestyle intervention provided at one of the Montana CVD and Diabetes Prevention Program sites. The lifestyle program's goal is to reduce risk of CVD and type 2 diabetes by achieving $\geq 7\%$ weight loss through reduced fat gram intake and increased physical activity. In addition, Medicaid participants may be eligible for transportation to and from classes. This is a covered benefit for adults enrolled in Medicaid.

*Eligibility characteristics:

Adults aged 18 years and over who are overweight ($\text{BMI} \geq 25 \text{ kg/m}^2$), are not diagnosed with diabetes, and have one or more of the following risk factors:

- Pre-diabetes, impaired glucose tolerance or impaired fasting glucose
- Hemoglobin A1C 5.7 to 6.4%
- High blood pressure or being treated for hypertension
- Dyslipidemia or being treated for dyslipidemia
- History of GDM
- Gave birth to a baby > 9 lbs

The lifestyle program teaches people how to make changes that work for them. One of the keys to the success of the program is the little "Keep Track" book. It's a journal that allows participants to record everything they eat and how much physical activity they get in each week of the program. Another key to the success of the program is the lifestyle coaches who are available for participants, past and present. They offer guidance and moral support. The participants are a great form of support for each other too. They are all dealing with similar health concerns and struggles. The lifestyle program is not a diet. Participants learn how to make healthy lifestyle changes through lowering their dietary fat gram intake and engaging in physical activity.

Programs are currently available in:

Billings

- Billings Clinic, 406-238-2205
- St. Vincent Healthcare, 406-237-8599

Bozeman

- Bozeman Deaconess Hospital , 406-556-5331

Butte

- Butte Diabetes Network, 406-723-2960 or 782-1266

Choteau

- Teton Medical Center, 406-466-6051

Dillon

- Barrett Hospital and HealthCare, 406-683-3041

Great Falls

- Benefis Health System, 406-455-5516

Helena

- St. Peter's Hospital, 406-444-2386

Kalispell

- Kalispell Regional Medical Center, 406-751-6707

Libby

- St. John's Lutheran Hospital, 406-283-7319

Miles City

- Holy Rosary Healthcare, 406-233-3074

Missoula

- Community Medical Center, 406-327-4326
- Missoula City-County Health Dept., 406-258-4935
- St. Patrick Hospital, 406-329-5781 or 329-2602

Polson

- Providence St. Joseph Medical Center, 406-883-8453

We encourage you to refer all eligible adults (not only those with GDM or who are covered by Medicaid) to an intensive lifestyle program available in your community.

If you have questions about this opportunity for eligible Medicaid patients, please contact Diane Arave, Prevention Program Coordinator at 406-444-0593, darave2@mt.gov or contact Sarah Brokaw, Program Manager for the Montana Diabetes Project at 406-444-9154, sbrokaw@mt.gov.